

Fettucine with Artichokes and Prosciutto

Author: From a cooking class with Tarla Fallgatter



- 1 pound fettucine
- 2 tablespoons unsalted butter
- 1 medium onion, peeled, thinly sliced
- 1 whole shallot, peeled, thinly sliced
- 1 cup chicken stock
- 1 1/2 cups marinated artichoke hearts, drained, rinsed, sliced
- 1 1/2 cups heavy cream
- 2 tablespoons fresh basil, or fresh thyme leaves
- Salt and freshly ground black pepper (may not need any salt)
- 3 ounces prosciutto, thinly sliced
- 1 cup Pecorino-Romano cheese

Serving Ideas: This could also be a very nice entree - just add about 12 ounces of precooked chicken cubes to the sauce and heat through. This dish is very rich, so do serve small portions.

Per Serving (excluding unknown items): 513 Calories; 27g Fat (48.1% calories from fat); 17g Protein; 49g Carbohydrate; 3g Dietary Fiber; 91mg Cholesterol; 887mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>

Description: Awesome.

1. Bring 2 quarts water to a boil, add a tablespoon of salt and return to the boil. Add fettucine and cook until al dente, reserving 1/2 cup of the cooking liquid. Drain and set aside.
2. Preheat broiler and place prosciutto slices on a cookie sheet and broil for 2 minutes per side. Set aside to cool. Cut into small pieces. (Put serving platter in the oven to heat.)
3. In a saute pan, heat 2 T. butter, add onion, shallot and basil, then saute until soft. Add the artichokes and stir to coat with onions and shallots. Add chicken stock and simmer until liquid is reduced to about 1/2 cup. Add one cup of the cream and bring to a simmer.
4. Add the cooked fettucine and stir to coat with the sauce, stirring in a third of the cheese and more cream, as necessary. Stir in the prosciutto.
5. Pour the pasta onto the preheated serving platter and sprinkle with more of the cheese. Pass the remaining cheese. Add more basil sprigs to the top.